

Seeds for DCBA Bee Forage Activity

Common Name	Scientific Name	CS Days
Blue Vervain	<i>Verbena hostata</i>	30-60
Calico Aster +	<i>Symphotrichum lateriflorum</i>	60-90
Common Boneset	<i>Eupatorium perfoliatum</i>	30-60
Common Milkweed	<i>Asclepias syriaca</i>	30-60
Cup plant	<i>Silphium perfoliatum</i>	60-90
Grey Goldenrod +	<i>Solidago nemoralis</i>	60-90
Hoary Mountain Mint +	<i>Pycnanthemum incanum</i>	N
Queen Anne's Lace	<i>Daucus carota</i>	14
Spotted Bee Balm	<i>Monarda punctata</i>	N
Sunflower (native)	<i>Helianthus</i>	30-60

CS = cold stratification

+ = other types also

Seed wild collected in Maryland by Victor Bennett of Wildside Nursery and Fred Nichols, beekeeper in Montgomery County.